

**KING COUNTY 4-H SUPER SATURDAY**  
**Saturday, March 8, 2003**  
**WSU King County Cooperative Extension Building**

**Registration: 8:00 – 8:30 a.m.** Early arrival is highly recommended for walk-in registration if you want to make it to your first class on time.

**8:30 - 8:50 a.m.** Raffle and entertainment

The "City Deli" in our building will be open for lunches. Each club or family is asked to bring cookies to share.

*4-H Leader Certification Classes are in shaded-italics and are required for New Leaders within one year of becoming a leader or if you haven't taken the classes within the last 3 years.*

**Send Registration to: Genie Charvet, 20325 124th Ave, Kent, WA 98031**

**Keep this form to bring with you on February 9.** Map and directions are included in this document.

**WSU Recruiters available to answer your question at lunch (see Workshop 3K for other details).**

**\* Registration included at end of this document.**

**Each youth participant MUST bring a medical release form, or have an onsite parent present for the entire day.**

**BRING NON PERISHABLE FOOD FOR DONATION TO LOCAL FOOD BANK.**

**SESSION 1: 9:00 – 10:00 a.m.**

1A	<i>Service Learning</i>	What is it? How do I do it? Where do I do it? Does my school require I do it before graduation? Lots of answers and suggestions! A workshop for the whole group. Led by Sue Lerner, 4-H faculty
1B	Simple weaving for Primaries and Juniors	Learn some basics about weaving and start a small project to take home. Limit: 20 members. Taught by Genie Charvet
1C	<b>Event monitor</b>	Any adult willing to help keep things flowing safely and smoothly. Bring a book, we'll provide the chair and instructions.

**BREAK: 10:00 - 10:10 a.m.**

**SESSION 2: 10:10 – 11:40 a.m.**

2A	<i>4H Volunteer Orientation Basics (Leader certification class)</i>	<i>Training in the 4-H goals, history, mission, life skills, curriculum, delivery modes, application, enrollment, leader helps, expectations and opportunities.</i>
2B	<i>"What I meant to say---" Conflict Resolution Basics (Leader certification class)</i>	<i>Knowing how we relate to people verbally and non-verbally can make all the difference in effective conflict resolution. This workshop will focus on effective communication to defuse difficult situations. Taught by Paul Gutierrez, King County Cooperative Extension Chair.</i>
2C	<i>4-H Record Books (Leader certification class)</i>	<i>Learn how to put together a blue ribbon 4-H Record Book. We will have a question and answer time at the end of this class.</i>
2D	<i>Perfect Presentations</i>	Watch a public presentation and learn step-by-step how it was created. Review the evaluation sheet and learn what the judges look for. Learn visual aid ideas, note card tips and ideas on how to reduce stage fright. For youth and adults.

2E	Words, words, words!	Come learn Microsoft Word applications. Taught by Carey Roos.
2F	Weaving without a loom	Learn about weaving projects that you can do with common household items. Get some ideas for projects you can do at home and choose one of the ideas to start now and finish at home. Limit:20, Intermediates and older. Taught by Genie Charvet Bring scissors, please!
2G	Learn How to Become a Blue Ribbon Food Handler	Learn how to become a blue ribbon food handler through interesting visual aids, inquisitive quiz-offs, and exciting hands-on activities. Food Supt. Mercy Maxwell will explain county and state fair Food Activity/Static Entry FAQ's and what judges look for.
2H	Why Wear Green?	March 17 is St. Patrick's day, but do you know why people wear the traditional color green? Learn a bit of history and make some really fun craft projects using "fun foam". 8 yrs old and up, Limit: 36 Materials provided by instructor Lorinda Grant, 4-H project leader.
2I	Get a Jump on Germs!	4-H SERIES-a great science series! Have fun meeting Mike Robe. Friend or foe? Where does he live? Where does he grow?
2J	Cock-a-doodle-doo!	Let's get cracking! Poultry Learning Centers for all ages. Join us for dough art, drawing poultry, edible candy chickens, eggshell design crafts, paint a chicken comb bookmark, and more... Led by Plateau Poultry 4-H members and leaders.
2K	From hay to compost	The 2 Certainties of life: What goes in must come out! What to look for when buying hay to get the best value for your money. Identify and deal with toxic weeds; learn work reduction techniques, how to compost and get the most from this valuable resource.
2L	Baked Goods Contest	- Open to all 4-H members. Please bring 4 serving size samples of baked goods on a paper plate, covered with plastic wrap or enclosed in a Ziploc baggie. No meat products (i.e. lard, beef, lamb, pork, poultry, or seafood, etc.) or alcoholic beverages are to be used in baked products. Baked goods must be made from scratch. Each entry must have a complete "Revitalized" recipe with members name, age/grade (Jr, Int, Sr), Club and leaders name attached. Please print recipe on recipe card or use MSWord. Exhibits needing refrigeration or containing uncooked or partially cooked products (i.e. eggs, cream cheese, sour cream, chiffon and meringue) will not be accepted. Members will be awarded at lunch.
2M		

**LUNCH: 11:40 - 12:50 - Announcements, 12:30-12:50**

**SESSION 3: 12:50 – 2:20 p.m.**

3A	<i>Risk Management</i>	<i>Review all the issues concerning liability management: Insurance, child abuse and more. All the fun stuff the State program tells us we must know!</i>
3B	Power Point your Public Presentation	Are you looking for a new and more exciting way to give public presentations? Come to the computer projects Power Point workshop and learn how to give your PP with this technique!
3C	Cats-Skin Disorders	Learn how to identify and treat these pesky problems.
3D	Fun with Butterflies	Learn how much fun it can be to study and collect rhopalocera (oops-butterflies). Learn the difference between them and moths, common butterflies in our area and how to attract them to your yard. Make a cage to take home. Lots more, too. Limit 15; Juniors and up. Taught by Phillip Charvet and Ethan and Dustin Partsch.
3E	Food Fear Factor!	Dare to challenge yourself, with other competitors, and overcome Phagocibophobia (fear of swallowing or eating foods) with healthy and safe foods from around the world. You will learn about food entries and activities at King County and State Fair, too. Presented by Mercy Maxwell, KC Fair Food Superintendent. <b>Limit 20 people</b>
3F	Have Fun with Dirt!	Find out about soil and crop production in Washington! Youth and adults will

		learn by doing activities with different soils. Learn what crops we grow in our state. Limit: 20 Taught by Dr. Sonia Morales
3G	Dog Fitting and Showing	Practice fitting and showing with dogs provided by instructors Carol Dawson and Julie Gorveatt.
3H	Heads Up!	Do you know what the skull of a sheep looks like? Did you know that all skulls have some similarities? This class is not for the timid-you will have a real "hands on" experience with both large and small skulls from a kit provided by the Seattle Science Center. All ages, Taught by Lorinda Grant, 4-H project ldr.
3I	Do the Chicken thing!	Fitting and showmanship practice for every level. Learn what to do and how to present you and your bird to the judge. Come to learn or come to teach. Led by Plateau Poultry 4-H club members and leaders.
3J	The Green Scene! Part 1	ORCA (Outreach and Restoration Community Action) is a partnership between WSU Cooperative Extension and EarthCorps, a local nonprofit that empowers youth and community groups to restore the ecological health of our local parks and green spaces. Learn what this is all about and how to get involved. Dress for the outdoors and plan on getting dirty! Continued in the 4 <sup>th</sup> session
3K	101 Questions About Higher Education But were afraid to Ask	Thinking about Higher Education and have lot's of questions about cost and applications. Come talk to a WSU Recruiter to get you questions answered. Presentation about WSU will be included.
3L	<b>Event monitor</b>	Any adult willing to help keep things flowing safely and smoothly. Bring a book, we'll provide the chair and instructions.

**BREAK: 2:20 - 2:30 p.m.**

**SESSION 4: 2:30 – 3:30 p.m.**

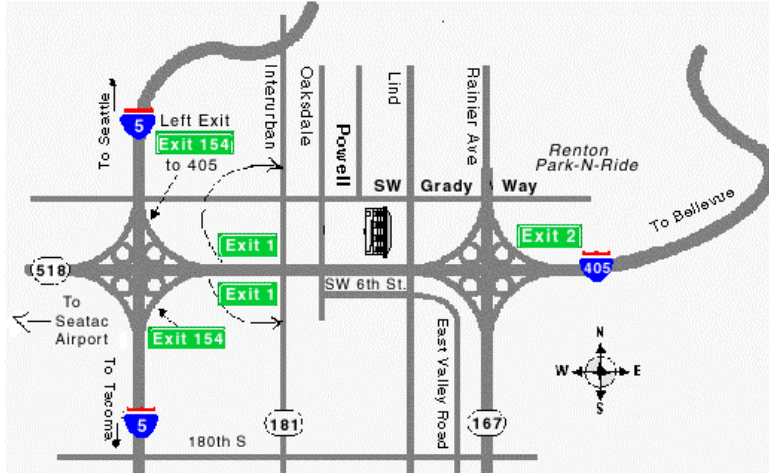
4A	<i>Judging</i>	<i>Life skills and a leadership requirement all in one. Learn how to make and state your choices. This activity used in all projects and is a Fair activity.</i>
4B	Computers for Dummies	Learn how a computer is put together from hard drives to monitors and everything in between. Come learn some basics! Taught by Senior members Cameron and Chasen Partsch and Jon Seim.
4C	Cats-New and Unusual Breeds	Here is an introduction to the breeds that are new in the cat fancy.
4D	Kumihimo Braiding	Fun style of Japanese braiding with provided cardboard frame and colorful yarns. Learn a variety of designs and how to use them. All ages, Primaries need parental assistance. Limit:20 Taught by Genie Charvet. Bring scissors!
4E	A lesson of culture: International Food	Learn a variety of healthy foods from Hispanic countries. Watch a demonstration of a traditional Salvadorean food. Taught by Dr. Sonia Morales
4F	Serger Basics continued	You have an opportunity to practice skills learned last Super Saturday. We'll make samples for reference. Plan to stay a bit longer than 3:30 PM. Taught by Floy Ziegler, KC Fair Clothing Superintendent
4G	Dog Agility	What to expect in the KC Agility courses and what to practice. Come have your questions answered.
4H	The Green Scene, Part 2	Continuation from session 3; you'll be outside and busy!
4I	<b>Event monitor</b>	Any adult willing to help keep things flowing safely and smoothly. Bring a book, we'll provide the chair and instructions.
4J	Photography update!	Come hear all the latest changes and additions to photography entries at Fair. Learn how to make them effective and fun! Taught by Maureen Courtney, KC Fair Photography Superintendent
4K	BssMP = \$\$ and Education	Come learn about the Best Management Practices Contest. Come learn about the contest that you can enter at the King County Fair. BMP has to do with land practices on the farm. The contest has \$\$ attached to the winners.

Directions to:  
WSU King County Cooperative Extension  
919 SW Grady Way, Suite 120, in Renton. Phone-(253) 373-7780

**Directions**

WSU King County Cooperative Extension is located at **919 SW Grady Way, Suite 120, in Renton**. Free parking is available.

We are on the ground floor. Enter through the main doors at center of the building. Registration will take place in the main lobby area. To reach us by phone call 206-205-3100.



**From I-5 (Heading North)**

Take Exit #154 -- Burien/Renton  
Follow to North 405 - Renton/Bellevue (right hand lane)  
Take Exit #1 -- Tukwila/West Valley Hwy  
Turn left at stoplight onto Interurban  
Stay in right hand lane to next stoplight -- turn right onto SW Grady Way  
Follow SW Grady Way to Powell -- turn right into parking lot

**From I-5 (Heading South)**

Take Left Exit #154 to Interstate 405 ("to Renton, Bellevue")  
Take Exit #1 (far right hand lane), (Tukwila/West Valley Hwy)  
Turn left at stoplight onto Interurban  
Stay in right lane to next stoplight -- turn right onto SW Grady  
Follow SW Grady Way to Powell -- turn right into parking lot

**From I-405 (Heading North)**

Take Exit #1 -- Tukwila/West Valley Hwy  
Turn left at stoplight onto Interurban  
Stay in right hand lane to next stoplight -- turn right onto SW Grady Way

Follow SW Grady Way to Powell -- turn right into parking lot

**From I-405 (Heading South)**

Take Exit #1 Tukwila/West Valley Hwy  
Turn right at stoplight onto Interurban  
Turn left at next stoplight onto SW Grady Way  
Follow SW Grady Way to Powell -- turn right into parking lot

**From SR-167 (Heading West)**

Follow to end of freeway  
Turn left at first stoplight onto SW Grady Way  
Follow SW Grady Way to Powell -- turn left into parking lot

**From SeaTac Airport (Heading East)**

Follow the SeaTac Airport signs "To Freeways"  
Exit to the right (eastbound) to Hwy 518  
Follow the signs to I-405 (Renton, Bellevue)  
Take Exit #1 (far right lane), just past South Center Mall-- (Tukwila/West Vly Hwy)  
Turn left at stoplight onto Interurban  
Stay in right lane to next stoplight -- turn right onto SW Grady  
Follow SW Grady Way to Powell -- turn right into parking

**WINTER, 2003 4-H SUPER SATURDAY REGISTRATION**

Parent's Name \_\_\_\_\_

Leader Name \_\_\_\_\_

Home Phone (      ) \_\_\_\_\_

Club \_\_\_\_\_

**Medical release form must be included with registration for all youth (See Your Leader for a copy).**

**DEADLINE FOR PRE-REGISTRATION DISCOUNT: Postmark by Friday, February 28.**

**Limited Space classes will be filled in the order registrations are received.**

**Send Registration to: Genie Charvet, 20325 124<sup>th</sup> Ave, Kent, WA 98031**

**Directions: Fill in 1st and 2nd Class Choices. If no 2nd choice is listed or if both choices are full, we will assign you to a class that has space.**

Name \_\_\_\_\_

Grade \_\_\_\_\_ or ADULT (Circle)

	9:00	10:10	12:50	2:30
1 <sup>st</sup> Choice				
2 <sup>nd</sup> Choice				

Name \_\_\_\_\_

Grade \_\_\_\_\_ or ADULT (Circle)

	9:00	10:10	12:50	2:30
1 <sup>st</sup> Choice				
2 <sup>nd</sup> Choice				

Name \_\_\_\_\_

Grade \_\_\_\_\_ or ADULT (Circle)

	9:00	10:10	12:50	2:30
1 <sup>st</sup> Choice				
2 <sup>nd</sup> Choice				

(list additional registrations on back of this page)

Early Bird Cost: \$4.00 per person, \$7.00 per family if postmarked by February 28.

Walk-in Registration Cost: \$8.00 per person, \$14.00 per family. Do not mail registrations after February 28 (they must be processed on walk-in basis.)

Volunteer Training Registration: Those taking required Volunteer Training classes attend free.

Please note: We ask that each adult be responsible for no more than 6 youth.

If you require special accommodation, call WSU Cooperative Extension King County at (206) 205-3152 by Feb. 28.

Name \_\_\_\_\_ Grade \_\_\_\_\_ or ADULT (Circle)

	9:00	10:10	12:50	2:30
1 <sup>st</sup> Choice				
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